

OUR NEWS

**Scottish Borders
Support Group**
www.bordersparkys.org.uk

April 2023

**Written By
Group Members**

APRIL CHAPLAINCY MEETING

Gordon Allan opened the April Meeting to another good turnout of members. Especially welcome to the two new members.

HEALTH MONITORING SCHEME

"A slideshow on the blood pressure monitoring scheme was presented by Gordon Allan, our treasurer.

Application forms for the device offered were issued, and those who missed the BGH April meeting are invited to request forms from Gordon, preferably by email (gordon489allan@outlook.com) showing their eligibility as BGH Parkinson's patients." Forms and information will be available at our May meeting.

QUINGO, BY DAVID ADAMSON

We divided into groups of three to have a

brain taxing, informative game of Quingo 49 a cross between Bingo and a Quiz, we are not only a fun-loving lot, but very competitive. Three teams had to battle it out for the top place for which David then presented them with a chocolate treat each. The winning team: Margaret, Ted, George.

Tea, & biscuits then followed, with lots of chat and exchanging of tips we have found helpful during our journey.

For example -: if you freeze, you should kick or step back and this, for some, breaks the freeze,

This brought us to the end of another great afternoon.



BORDERS PARKY'S WHAT'S ON GUIDE

DATES FOR YOUR DIARY

Monday 29th May –
2pm - 4pm

Chaplaincy Monday Meeting,
Chaplaincy Centre, BGH

Every Monday –11.30am – 12.30pm
Exercise Class
Teviotdale Leisure Centre, Hawick
[Contact 07922093197 To Register.](tel:07922093197)

Every Tuesday & Friday
–10.30am – 11.30am
Yoga Classes
Old Gala House, Galashiels
[Contact Jen Knox - 07458088532](tel:07458088532)

Every Tuesday –1.15pm – 2.00pm
& 2.30pm - 3.30pm
Circuit Classes Led by Pat
Tri-Fitness, Galashiels
£4.50 Per Class

Every Wednesday – 2.00pm
Suitable Exercises
Gytes Centre, Peebles
£2 Per Class

Every Thursday –11.30am – 1.00pm
Dance For Parkinson's,
Eastgate Theatre, Peebles
**£8 For Parky's with Their Partner
Getting in For Free. Includes A Cuppa
as Well.**

Every Friday –10.00am - 11.00am
Suitable Exercises
Abbey Row, Kelso
£2 Per Class

Every Friday –11.00am - 12.00pm
Suitable Exercises
Tri-Fitness, Galashiels
£2 Per Class

COMING UP...

Our Newsletter Address database of 240 members is well out of date.

If you want to be added to our updated list, or to keep receiving the newsletter, e-mail Gordon on gordon489allan@outlook.com or telephone him on 07985 650 472. Or contact Anne on 01450 377338 Or talk with them at the May meeting. Or alternatively read our updates on www.bordersparkys.org.uk

CONGRATULATIONS GARY AND HILARY



SHE SAID YES!

COFFEE MORNING

MORBATTLE INSTITUTE
Saturday 13th May
10.30am – 12.00pm

Proceeds to Borders Support Group

If you are in the area do drop in as they will be delighted for your support.

ABILITY BORDERS

Information Sharing Day
St. Boswells Village Hall
Wednesday 31st. May
10.30am – 2.30pm

Tea, coffee, and sandwiches
And treats by T42

Representatives sharing their information from the following organisations:

Borders Care Voice, Red Cross, Citizens Advice, Home Energy, SBC's LAC,

Older Adult Team. What Matters Hub, Borders Carers and Parkinson's. For the Full list check out:
www.abilityborders.org.uk

PICKELBALL AND OTHER GAMES

Come along to the Langlee Community Centre, Galashiels on the 2nd & 4th Monday of the Month at 11 am – 12.30 am.
Refreshments available.

Check dates for your diary for other exercise classes.

MAY MEETING
MONDAY 29TH.MAY
2 PM – 4 PM,

Join us for the next BGH meeting which will include Easy Fun Exercises to Music by Denise, suitable for all abilities, seated or standing and easily repeated at home.



MORE INFORMATION

We're the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.

For more information, contact Gary Hattie
Phone 01750 22588, (07906527682)

Email garyhattie1@gmail.com

(jeffilbr@sky.com – Editor)

Free* confidential helpline **0800 800 0303**.

Monday to Friday 9am–8pm, Saturday 10am–2pm. Interpreting available. Text phone 0800 111 4204.

*Calls are free from UK landlines and most mobile networks.

Visit us online at parkinsons.org.uk
Drop us a line at

hello@parkinsons.org.uk

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DISCLAIMER

Though we try to get all information correct sometimes we, ok, Gary, gets it wrong, for all those deliberate mistakes Gary apologises, an thanks you for your help in spotting them!